This is the fourth in an annual series of technique features presented by The American Chiropractor. For your reference, below are alphabetized lists of the techniques highlighted in previous years.

**2001: Volume 23, Issue #3**
1) Advanced Biostuctural Correction
2) Atlas Orthogonal Technique
3) Bio-Geometric Integration
4) Chiropractic Biophysics
5) Dynamic Spinal Analysis
6) Network Spinal Analysis
7) Ortho-Spinology
8) Petito-Ball Spinal Biomechanics
9) Sacrococcygeal Technique
10) Torque Release Technique

**2002: Volume 24, Issue #3**
1) Access Technique
2) Activator Technique
3) Applied Kinesiology
4) Bio Energetic Synchronization Technique
5) Chiariette Protocols
6) Diversified Technique
7) Gonstead Technique
8) Thompson Technique
9) Toggle Recoil Technique
10) Total Body Modification

**2003: Volume 25, Issue #3**
1) Advanced Muscle Palpation
2) Blair Cervical Technique
3) Directional Non-Force Technique
4) The Gerston Technique
5) Logan Basic Methods
6) Matrix Repatterning
7) Dr. Mally’s Extremity Adjusting Technique
8) McTimoney Technique
9) Neuromuscular Technique
10) The Tofness System of Chiropractic

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C onsidering the overwhelming response and support we receive every year from this feature, clearly you love your techniques! So to give you more to work with, once again, we turn your attention to technique.

**How Do You Pick Your Technique?**

**TAC:** How do chiropractors generally pick the techniques that they perform?
**Roth:** Chiropractors and other health professionals are drawn to techniques and theories that will help them move to the next level. As each practitioner evolves in skill and understanding, they naturally reach for higher ground. And, as it has been said, “When the pupil is ready, the teacher appears.”

I have consistently found, too, that it is only through this desire to provide better service, that the door to financial success is opened. It is through the joy of helping others and experiencing the power of the self-healing process, which we support, that we become open to the positive flow assuring personal and monetary success.

**TAC:** When does a chiropractor know enough about technique that he doesn’t need to learn anymore?
**Roth:** It is never possible to stop learning. It may be a technique or a philosophy, which helps the practitioner to become clear in his or her goals. This is what will ultimately satisfy the desire to continue growing as a health practitioner and teacher of well-being. This process never ends. When it does, it is time to consider a new career.

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Following are alphabetized descriptions of this edition’s Ten Great Techniques, with brief discussions of their evolution, theories and applications.
CranioSacral Therapy (CST)

CranioSacral Therapy is a gentle method of releasing restrictions in the craniosacral system—the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord, and have a vital impact on central nervous system performance.

CST was developed by osteopathic physician John E. Upledger. From 1975 to 1983, he led a multidisciplinary team of anatomists, physiologists, biophysicists and bioengineers at Michigan State University to test and document the influence of the craniosacral system on the body. That research formed the basis for the modality Dr. Upledger developed and named CranioSacral Therapy.

Essentially, the craniosacral system functions as a semi-closed hydraulic system, bathing the brain and spinal cord in cerebrospinal fluid pumped rhythmically 6-12 cycles per minute. As fluid volume and pressure rises and falls within the craniosacral system, corresponding changes occur in dura mater membrane tensions. These changes induce accommodative movements in the bones that attach to the dura mater compartment.

When the natural mobility of the dura mater or any of its attached bones is impaired, the function of the craniosacral system—and the central nervous system—may be impaired as well. Such restrictions can be detected and corrected using simple methods of palpation. By normalizing the craniosacral system and enhancing the body’s self-corrective mechanisms, CST has proven effective for a wide variety of dysfunctions and conditions addressed in the chiropractic setting.

More than 65,000 healthcare providers have been trained in CranioSacral Therapy. CEU’s are widely available for doctors of chiropractic.

For more information, call 1-800-233-5880 or visit www.upledger.com.

Creed Neural Kinetic Integration Technique

The Creed Neural Kinetic Integration Technique embodies a positional relationship approach that re-orbits the musculo-skeletal structure, establishing a foundational platform for realignment of the head over shoulders, shoulders over hips, and hips over ankles to support the patient’s natural stance. These structural changes re-orient the facet plane angles, reduce the gravitational pulls on muscles and associated nerves, allowing for increased ranges of motion. These changes create true proprioceptive feedback functions to motor muscle response systems, vertebral joint...